



# Grant County Health Dept

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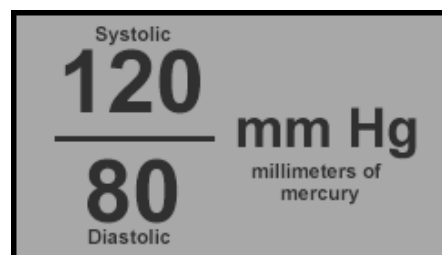
February 2018

## Briefly on Blood Pressure

Blood pressure is an indicator of health. A person may have high blood pressure for years without symptoms. Left untreated or unmanaged high blood pressure can lead to health problems like heart disease or stroke. Often your provider will take two to three blood pressure readings at separate appointments before making a diagnosis.

The top number (systolic) indicates the **pressure** your blood is exerting against your artery walls **when the heart beats** (the heart muscle contracts).

The bottom number (diastolic) indicates the **pressure** your blood is exerting against your artery walls **while the heart is resting** between beats (the heart muscle is resting and refilling with blood between beats).



Top number (systolic) in mm Hg	Bottom number (diastolic) in mm Hg	Your category	What to do
Below 120	and Below 80	Normal blood pressure	Maintain or adopt a healthy lifestyle.
Between 120-139	or Between 80-89	Prehypertension	Maintain or adopt a healthy lifestyle.
Between 140-159	or Between 90-99	Stage 1 hypertension	Maintain or adopt a healthy lifestyle. If your blood pressure goal isn't reached in about a month, talk to your doctor about taking one or more medications.
160 or higher	or 100 or higher	Stage 2 hypertension	Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

\*Table courtesy of Mayo Clinic [www.mayoclinic.org/diseases-conditions/high-blood-pressure](http://www.mayoclinic.org/diseases-conditions/high-blood-pressure)

Check out American Heart Association at [www.heart.org](http://www.heart.org) for more information.

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhswir.org](http://www.dhswir.org) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.



## **Food Expiration Dates What Do They Mean?**

"Sell by," "Use by" and "Best if used by" are all common labels we see when purchasing our food. What do they really mean? Stamping a date on a food product's package is done to help the store determine how long to display the product for sale.

**"BEST IF USED BY"** helps the shopper know the time limit to purchase or use the product at its BEST quality. It is not a safety date. After the date passes, while not of the best quality, the product should still be safe if handled properly and kept at 40° F or below in your refrigerator. If foods are mishandled, however, food-borne bacteria can grow and cause food-borne illness—before or after the date on the package.

**"USE BY"** date is also the last date recommended for the food to be at its peak quality.

**"SELL BY:"** date tells the store how long to display the product for sale. You should buy the food before that date.

Always make sure to follow the handling and preparation instructions on the label to ensure top quality and safety of your foods.

Source: USDA Food Safety and Inspection Service

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

**UW  
Extension**

## **WIC & Health Check Clinics**

*(Immunizations given at all these clinics)  
(Flu Shots also available at all clinics.)*

**Feb 20th**—Cuba City St Rose—  
Mazzuchelli Hall - 9:30am to 3:30pm

**Feb 22nd**—Platteville Lutheran Church of Peace - 9:00am to 3:30pm

**Feb 27th**—Lancaster Schreiner Memorial Library - 9:00am to 3:30pm

**Mar 1st**—Platteville Lutheran Church of Peace - 9:00am to 3:30pm

**Mar 7th**—Fennimore United Methodist Church - 9:00am to 3:30pm

**Mar 13th**—Boscobel United Methodist Church - 9:30am to 3:30pm

**Mar 15th** – Platteville Lutheran Church of Peace - 9:00am to 3:30pm

**Mar 20th**—Cuba City St Rose—  
Mazzuchelli Hall - 9:30am to 3:30pm

**Mar 22nd**—Platteville Lutheran Church of Peace - 9:00am to 3:30pm

**Mar 27th**—Lancaster Schreiner Memorial Library - 9:00am to 3:30pm

**Mar 28th** –Late Lancaster Schreiner Memorial Library - 3:00pm to 6:30pm

**Apr 5th**—Platteville Lutheran Church of Peace - 9:00am to 3:30pm



Grant County Health Dept will be closed at noon on March 30th.

## Water Fluoridation Protecting Your Teeth One Sip at a Time

Fluoride is a naturally occurring mineral. Most water has some fluoride in it, but not at a high enough level to prevent dental cavities. Community water fluoridation is the process of adjusting the levels of fluoride in the water source to provide an optimal level for tooth decay prevention. There is over 70 years of scientific evidence showing community water fluoridation is a safe and effective way to prevent tooth decay in at least 25% of children and adults. In Wisconsin the optimal fluoride level has been identified as 0.7 parts per million of fluoride.



There is now an increased availability of fluoridated products like toothpaste and mouthwash. However, these products used alone are not as effective at reducing tooth decay. The greatest protection is from combined use of these products and fluoridated water. Dietary fluoride supplements may be prescribed for children who do not live in areas without optimal levels of fluoride in the community water source. Talk with your doctor about your child's specific fluoride needs.

Source: Wisconsin Dental Association [www.wda.org](http://www.wda.org); Center for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov);  
American Dental Association [www.ada.org](http://www.ada.org);

## Little Loving Things You Can Say

Most parents and caregivers want to care for and nurture children as best they can. Children believe what they hear, and what adults say to children influences how children feel about themselves. When you are with a child listen and respond positively to them to let them know they are important. By using loving words you will help children develop greater confidence and feel good about themselves. You'll feel better, too.

*You Are Terrific!*

*Tell me more.*

Thank you.

**WAY TO GO!**

*I love you.*

You are smart.

I'm proud of you.



**YOU CAN DO IT.**

Good Job! **Good Try.**

You are a good friend.

**SUPER!**

**You are a big help.**

You're sweet.

**Looking good.**

**HAVE A GOOD DAY!!**

# Travel Destination Unknown



Thinking of taking a trip across the globe to an exotic paradise, visit historic monuments, or hike a hill of wildflowers. Whenever you are preparing a trip outside of the United States it is important to look in to the current health and safety recommendations specific for your destination.

The Center for Disease Control and Prevention (CDC) Traveler's Health webpage is the place to check what vaccines and health precautions are recommended for each country across the globe. <https://wwwnc.cdc.gov/travel/destinations/list/>

Visit the U.S. Passports & International Travel governmental website to learn about country specific safety recommendations. This includes information on terrorist threats, crime rates, natural disaster warnings, and whether a visa is required. <https://travel.state.gov/content/passports/en/go.html>

Enroll in STEP (Smart Traveler Enrollment Program). It is a free service for US citizens that allows you to list your trip with the nearest U.S. Embassy or Consulate in the country you will be traveling in. This program allows you to receive important information on the safety conditions regarding your destination country. It also helps the U.S. Embassy, family, and friends contact you in an emergency. <https://step.state.gov/step/>



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